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FAMILY MEALS AT LOW COST

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Agricultural Marketing Service
U.S. Department of Agriculture

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FAMILY MEALS at LOW COST

Family meals mean different things to different people. What we serve depends on the family's likes, the money we have to spend and our kitchen equipment. We can serve better meals if we learn how to buy food and how to make better use of what we have. Our aim is to satisfy and nourish our families.



HERE'S THE WAY TO DO IT

Let's plan meals before shopping

Look in the cupboards and refrigerator to see what's on hand.

Look in the newspapers; listen to the radio; look at television. They will give you information on seasonal, plentiful foods that are economical.

Read recipes to help you decide what to serve and how much food to buy.

Plan meals for 3 or 4 days. Or plan for a whole week at one time if this suits you better.

Let's use what's on hand

Nonfat Dry Milk	Dry Beans	Lard	Cornmeal
Dried Eggs	Peanut Butter	Rice	Flour
Canned Meat	Butter	Rolled Oats	Rolled Wheat

Let's see what other foods we need for good health and good eating

Vegetables—Choose vegetables that are in season and plentiful. Fresh, frozen and canned vegetables, particularly dark-green and deep-yellow ones, will add nutritive value to meals. Greens of one kind or another are always on the market. Carrots, potatoes, onions, cabbage are usually good bargains and can be used in a variety of ways.

Fruit—Fruit of all kinds adds flavor and color to meals and improves nutritional quality. Grapefruit and oranges provide generous amounts of vitamin C. Tomatoes in season, canned tomatoes and tomato juice are alternates for citrus fruit, although larger quantities must be used to obtain the same amount of vitamin C.

Meat and Fish—Ground meat, liver, heart and kidney give good returns for money spent. Buy pork, lamb, beef and veal when they are "specials." The less expensive cuts of meat like chuck, shoulder, breast, shank and short ribs are low in cost and high in flavor. Chicken and turkey are good buys when plentiful. For variety, use locally caught fresh fish, canned fish flakes and frozen fillets.

Other items needed in preparing meals—Vegetable oil, seasonings, baking powder and soda, vinegar, coffee, tea, cocoa and gelatin.

Let's check some recipes and plan some meals

Start with the main dish for the heaviest meal of the day.

Select vegetables and fruit that go well with the main dish.

Try to include favorites of the individual family members on different days.

Consider the needs of little children in the family.

Breakfast and lunch are also important and should be carefully planned.

Check meals to see if total food needs of the family are met each day; use the guide on page 16.

SHOPPING LIST FOR THE WEEK FOR A FAMILY OF FIVE

(to supplement food on hand)

½ lb. cheddar cheese	1 No. 2 can green beans
1¾ lbs. ground beef	2 No. 303 cans peas
¼ lb. salt pork	1 No. 303 can beets
2 lbs. chicken (for stew)	1 No. 2 can apple sauce
1½ lbs. chicken wings and backs (for soup)	1 No. 2½ can peaches
½ doz. eggs	2 lbs. granulated sugar
1½ lbs. kale or other greens	½ lb. brown sugar
3½ lbs. cabbage	1 pt. molasses
3 lbs. carrots	1 pt. syrup
3 lbs. onions	1 pt. vegetable oil
1 bunch celery	1 qt. vinegar
2 green peppers	coffee, tea or cocoa, if desired
4 lbs. apples	salt
11 lbs. potatoes	baking powder
1½ lbs. sweetpotatoes	baking soda
1 lemon	yeast
1 lb. package raisins	gelatin dessert
1 No. 2 can orange juice	cinnamon
3 No. 2 cans tomatoes	ginger
2 46 oz. cans tomato juice	nutmeg
	vanilla

COMMON CAN SIZES FOR FRUITS and VEGETABLES

Can Sizes	Average Net Weight	Cups per Can
No. 1 tall.....	16 ounces.....	2
No. 303.....	16 ounces.....	2
No. 2.....	20 ounces.....	2¼ to 2½
No. 2½.....	29 ounces.....	3¼ to 3½
No. 3 cylinder.....	46 ounces.....	5¼



Let's go shopping

Read the labels to find out what's in the containers.

Compare prices of fresh, frozen, canned and packaged foods to see which ones give the most servings for the least money.

Buy food that is in good condition—firm, fresh vegetables and fruit; sealed packages; solid frozen food. Be sure meat, milk, butter, margarine, fish, cheese and eggs are refrigerated.

Select the largest size package or container that you can use without waste.

Remember that when you buy convenience foods, such as prepared mixes, you may pay extra for the work that has been done for you. Use your time to advantage to reduce costs.

Let's keep a record of what is spent for food

Make a simple form like this—

Food	Amount	Cost	Date
Apples	3 lbs	\$.35	Oct. 5
Cabbage	3 lbs	.15	Oct. 5

Each week, total the amount of money spent for food.

Review your expenditures and see if you can get more for your money the next time you shop.

Ask a county extension agent, a consumer information specialist or a nutritionist with the local welfare or public health department to help you improve your family food plans and buying practices.



Let's store food properly

Keep fresh milk, meat, shell and dried eggs, butter, lard, margarine and cheese in the refrigerator.

Store vegetables such as potatoes, carrots and onions in a cool dry place.

Put dry milk and cereals in covered containers in a cool dry place.

Keep shelves orderly so you can easily see what's on hand. Use this food before buying additional items.

Let's organize meal preparation

Read recipes carefully and schedule time to prepare food.

Use all edible parts of food—do not waste by paring too thick or discarding edible parts.

Use bits of food in combination with other foods in casseroles and salads.

Use bay leaf, cloves, cinnamon, nutmeg, chives, garlic and onion to give new flavor to food.

Bake at home. Freshly baked bread, muffins, cookies and cakes are favorites in all families.

Use oven to best advantage by baking several foods at a time.

Let other members of the family share in planning, preparing and serving meals.

SUGGESTED MEALS

<i>Sunday</i>	Tomato Juice Fried Oatmeal Cakes Syrup	Meat & Egg Pie* Cooked Greens Baked Potatoes Bread* & Butter Cinnamon Apple Slices	Peanut Butter Sandwiches Potato & Onion Hash Carrot Sticks Caramel Pudding*
<i>Monday</i>	Orange Juice Cornmeal Mush Sugar Milk Toast	Scrambled Eggs* Fried Potatoes Bread & Butter Oatmeal Cookies*	Chicken-Vegetable Soup with Noodles* Cornbread* & Butter Canned Peaches
<i>Tuesday</i>	Apple Sauce Pancakes Syrup	Baked Beans* Mixed Vegetable Salad Gingerbread	Sliced Meat with Sweet- potato Topping* Creamed Onions Bread & Butter Oatmeal Cookies*
<i>Wednesday</i>	Hot Rice with Raisins Sugar Milk Toast	Baked Bean Patties Carrot Sticks Bread & Butter Fresh Fruit in Season	Meat-Potatoburgers* with Tomato Sauce Buttered Cabbage Wedges Gingerbread
<i>Thursday</i>	Fried Scrapple Syrup Toast	Potato Soup* Egg Salad Sandwich Pickled Beets	Stewed Chicken Onions, Carrots, Potatoes Cabbage Salad Bread & Butter Cornmeal Cookies*
<i>Friday</i>	Cornmeal Mush Brown Sugar Milk Toast	Creamed Eggs & Peas on Oatmeal Biscuits* Apples or Fresh Fruit in Season	Hot Bean Salad Boiled Potatoes Stewed Tomatoes Bread & Butter Gelatin & Topping*
<i>Saturday</i>	Tomato Juice Cinnamon Oatmeal Sugar Milk Toast	Peanut Butter Sandwiches Celery Rice Pudding*	Tamale Pie* Baked Potatoes Green Beans Bread & Butter Baked Apple

**Recipes in this leaflet.*

Reconstituted nonfat dry milk served as a beverage with meals.

RECIPES

Directions for Using Dried Eggs

Be sure that dishes made with dried egg are thoroughly cooked. Give particular attention to the methods and the time of cooking. Do not use dried egg in egg-milk drinks, uncooked salad dressings, ice cream, omelets, or soft custard puddings cooked on top of the stove. Generally speaking, it's best to bake foods containing dried egg. Store unopened or opened cans of dried whole egg in the refrigerator. Keep cans closed tightly.

Dried egg may be used in two ways:

Reconstitute with water: Mix only the amount of dried egg needed for the recipe. Sift and measure the dried egg, using level measurements. Sprinkle it over the required amount of water. Blend with a rotary beater or wire whip, or shake in a tightly closed jar. Promptly wash sifter and other utensils.

Combine with dry ingredients: Sift and measure the dried egg before combining with other dry ingredients. Use level measurements. Add the water needed to reconstitute the dried egg to the other liquids in the recipe. Promptly wash sifter and other utensils.

Note: Dry mixes containing dried egg should be stored promptly in a tightly closed container in the refrigerator at 32° F. to 50° F.

Amounts to Use for Reconstituting Dried Whole Egg

Dried Whole Egg, Sifted	+	Water	=	Shell Eggs (Large Size)
2½ tablespoons	+	2½ tablespoons	=	1
⅓ cup	+	⅓ cup	=	2
½ cup	+	½ cup	=	3
⅔ cup	+	⅔ cup	=	4
¾ cup	+	¾ cup	=	5
1 cup	+	1 cup	=	6

Directions for Making Fluid Skim Milk

Nonfat dry milk can be mixed quickly with water to make fluid skim milk. Start by sprinkling the dry milk on top of the lukewarm water. Beat well with a rotary beater, wire whip or spoon. Or, shake the water and dry milk together in a tightly closed jar.

For	Use
1 quart milk.....	1 cup nonfat dry milk, 4 cups water
1 pint milk.....	½ cup nonfat dry milk, 2 cups water
1 cup milk.....	¼ cup nonfat dry milk, 1 cup water
½ cup milk.....	2 tablespoons nonfat dry milk, ½ cup water

PUDDING MIXES USING NONFAT DRY MILK

Pudding mixes made with nonfat dry milk can be prepared in quantity and kept on hand to be used when needed for a quick dessert. The quantities of ingredients given for each of the mixes make enough for 24 servings of pudding.

Chocolate Pudding Mix

1½ cups sugar
2½ cups nonfat dry milk
1¼ cups flour
1 teaspoon salt
¾ cup cocoa

Caramel Pudding Mix

1½ cups brown sugar, packed
2½ cups nonfat dry milk
1¼ cups flour
1 teaspoon salt

Vanilla Pudding Mix

1½ cups sugar
2½ cups nonfat dry milk
1¼ cups flour
1 teaspoon salt

To Prepare Mix: Stir the ingredients together until well mixed. Store in covered containers in a cool place.

To make pudding from mix:

1¼ cups chocolate or caramel or vanilla pudding mix
2½ cups warm water
1 tablespoon butter or margarine
1 egg, beaten
¾ teaspoon vanilla

Combine the mix with the water in top of double boiler. Place over boiling water and cook until thickened, stirring constantly. Cover and cook 10 minutes longer. Add the fat. Remove from heat and beat half of the hot mixture into the egg. Blend slowly into the remaining hot mixture. Cook over hot water 1 minute longer. Remove from heat and stir in the vanilla. Six servings.

WHIPPED TOPPING

½ cup cold water
½ cup nonfat dry milk
2 tablespoons lemon juice
2 to 4 tablespoons sugar

Sprinkle dry milk on water. Beat until stiff enough to stand in soft peaks. Add lemon juice. Continue beating until stiff. Beat in sugar.

BAKED CUSTARD

⅔ cup sifted dried whole egg
½ cup sugar
¼ teaspoon salt
3⅔ cups hot milk (or 1 cup nonfat dry milk mixed with 3⅔ cups water)
1 teaspoon vanilla
Nutmeg, if desired.

Sift together the egg, sugar and salt. Stir in the hot milk gradually. Add the vanilla. Pour into custard cups and sprinkle lightly with nutmeg. Place custard cups in a pan of hot water. Bake at 350° F. (moderate oven) for 30 to 40 minutes, or until set. If desired, top each custard with a spoonful of jelly just before serving. Makes 6 servings.

SCRAMBLED EGGS

1 cup sifted dried whole egg
1 cup water
½ teaspoon salt
½ cup milk (or 2 tablespoons nonfat dry milk mixed with ½ cup water)
1½ tablespoons butter, margarine or bacon fat

Sprinkle dried egg over the water and beat to blend. Add salt and milk and mix. Melt fat in an aluminum or heavy metal frying pan. Pour egg mixture into frying pan. Cook over low heat, stirring continuously until dry and crumbly. Makes 6 one-egg servings. Do not cook more than this amount at one time. If more is needed, make a second batch.

NOODLES

- 1 1/3 cups sifted dried whole egg
- 2 cups all-purpose flour
- 1 1/2 teaspoons salt
- 3/4 cup water

Mix dry ingredients together. Add water and mix well. Knead the dough lightly. Divide dough into 6 pieces. Roll each piece very thin on a floured board. Cut rolled out dough into strips 3 inches wide. Stack the strips and slice into shoestring widths. Spread out on wax paper and dry thoroughly at room temperature. When dry, store in a covered container in the refrigerator. Makes about 1 pound dry noodles.

To Cook Noodles: Use 3 cups dry noodles with 3 cups boiling salted water, beef, chicken or ham broth. Drop noodles into the boiling water or broth. Cover and cook slowly for 12 minutes. Makes 6 one-half cup servings.



CORNMEAL MIX

- 4 cups flour
- 4 cups cornmeal
- 1 1/2 cups nonfat dry milk
- 1/4 cup baking powder
- 1 tablespoon salt
- 1 1/2 cups shortening

Stir dry ingredients together until mixed. Cut in fat until well blended. Place in a glass jar or tin can. Keep tightly closed in a cool place. Use the mix within a month. Makes 12 cups.

CORNBREAD

(Using Cornmeal Mix)

- 4 1/2 cups cornmeal mix
- 2 eggs beaten (or 5 tablespoons sifted dried egg mixed with 5 tablespoons water)
- 1 1/3 cups water

Combine all ingredients and stir just enough to moisten dry ingredients. Pour into greased pan about 8 inches square. Bake at 425° F. (hot oven) about 25 minutes. Makes 12 pieces.

CORNMEAL DROP BISCUITS

(Using Cornmeal Mix)

- 2 cups cornmeal mix
- About 1/2 cup water

Add water to the dry mix to make a soft dough. Drop by tablespoonfuls onto a greased baking sheet. Bake at 425° F. (hot oven) 12 minutes. Makes 12 medium-size biscuits.

CORNMEAL COOKIES

- 1/2 cup shortening
- 1/2 cup sugar
- 1/2 teaspoon vanilla
- 1 egg (or 2 1/2 tablespoons sifted dried egg mixed with 2 1/2 tablespoons water)
- 1 1/2 cups flour
- 1/2 cup cornmeal
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon nutmeg

Cream shortening; add sugar gradually and cream well. Beat in egg until light and fluffy. Add vanilla. Stir together the remaining dry ingredients; add to creamed mixture, mix thoroughly. Roll out dough on a lightly floured board and cut with a 2-inch cookie cutter. Bake at 400° F. (hot oven) for about 6 minutes or until the cookies are very lightly browned. Makes about 6 dozen 2-inch cookies.

CORNMEAL MOLASSES BREAD

1/2 cup cornmeal
2 cups water
2 tablespoons lard
1/2 cup molasses
1 tablespoon salt
3 packages active dry yeast
1/2 cup lukewarm water
7 to 7 1/2 cups all-purpose flour
1/2 cup nonfat dry milk

Mix cornmeal and 1/2 cup water. Heat remaining 1 1/2 cups water. Add cornmeal gradually to boiling water and cook, stirring constantly, for 1 minute. Stir lard, molasses and salt into cornmeal mixture and cool to lukewarm. Soften yeast in the lukewarm water and stir into cornmeal mixture. Reserve 1 cup flour for kneading dough on board. Mix remaining 6 1/2 cups flour and dry milk together. Add the flour mixture to make a stiff dough.

Turn dough out onto a floured board and knead it well. Form dough into a smooth ball. Place dough in a greased bowl and turn it over once or twice to grease the surface. Cover with a damp cloth and let rise in warm place until double in volume.

Punch dough down with finger tips, cover and let rise again. Turn dough onto board and knead well. Grease two 5 x 9-inch or three 4 x 9-inch loaf pans. Shape dough into 2 or 3 loaves, as desired, and place in pans. Cover with a damp cloth and let rise in a warm place until double in volume.

Bake at 375° F. (moderate oven) 40 to 45 minutes, or until done. Brush the crust with melted fat, if desired. Remove the loaves from the pans at once and place on a cooling rack. Makes two 5 x 9-inch or three 4 x 9-inch loaves.

HIGH MILK-PROTEIN BREAD

1 cake compressed yeast or 1 package active dry yeast
1/4 cup lukewarm water
2 tablespoons lard
2 tablespoons sugar
2 teaspoons salt
2 cups boiling water
6 1/2 cups all-purpose flour
1 1/2 cups nonfat dry milk

Soften yeast in lukewarm water and stir well. Add shortening, sugar and salt to boiling water and mix well. Cool to lukewarm. Mix flour and dry milk together. Stir 2 cups flour mixture into liquid. Mix thoroughly. Add yeast mixture to dough and stir well. Then add enough flour mixture to make a smooth, soft dough that handles easily. Turn the dough onto a lightly floured board, cover with bowl, and let stand 10 minutes.

Knead dough until it is smooth and elastic (about 10 minutes). Separate dough into two equal rounds, cover with bowls and let stand 10 minutes. Grease two 5 x 9-inch loaf pans.

Shape dough into loaves and place in pans. Lightly grease top of loaves. Cover with a damp cloth and let rise in warm place away from drafts until double in volume (about 1 1/2 hours).

Bake at 350° F. (moderate oven) 45 to 55 minutes, or until done. Brush the crust with melted fat, if desired. Remove the loaves from the pans at once and place on a cooling rack. Makes two 5 x 9-inch loaves.

Variation: Substitute 1/4 cup of light molasses for the 2 tablespoons sugar and substitute 2 1/2 cups of quick cooking oats for 2 1/2 cups of the flour.

BISCUIT MIX

8 cups sifted all-purpose flour
1½ cups nonfat dry milk
¼ cup baking powder
1 tablespoon salt
1½ cups shortening

Stir dry ingredients until well mixed. Cut in shortening until well blended. Store in a tightly covered container in a cool place. Use within a month. Makes 10 cups.

BISCUITS

(Using Biscuit Mix)

2 cups biscuit mix
⅓ to ½ cup water

Add water to the dry mix using enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to ¾-inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Bake at 450° F. (very hot oven) 12 to 15 minutes. Makes 12 2-inch biscuits.

MUFFINS

(Using Biscuit Mix)

1 cup biscuit mix
⅓ cup water
1 egg beaten (or 2½ tablespoons sifted dried egg mixed with 2½ tablespoons water)

Grease 6 medium-size muffin pans. Combine all ingredients and stir just enough to moisten dry ingredients. Fill muffin pans two-thirds full. Bake at 425° F. (hot oven) about 20 minutes. Makes 6 medium-size muffins.

PANCAKES

(Griddlecakes)

(Using Biscuit Mix)

1 cup biscuit mix
½ cup water
1 shell egg, beaten

Combine all ingredients; stir just enough to moisten dry ingredients. Drop by spoonfuls onto a hot greased griddle. Cook slowly until the surface is covered with bubbles, turn, and cook until second side is well browned. Makes about 6 medium-size pancakes.

ROLLED OATS MIX

4 cups flour
4 cups rolled oats, quick cooking*
1½ cups nonfat dry milk
¼ cup baking powder
1 tablespoon salt
1½ cups shortening

Stir dry ingredients together until well mixed. Cut in fat until well blended. Place in a glass jar or tin can. Keep tightly closed in a cool place. Use the mix within a month. Makes about 10 cups.

**Rolled wheat, quick cooking, may be used.*

OATMEAL BISCUITS

(Using Rolled Oats Mix)

2 cups rolled oats mix
About ½ cup water

Add enough water to the dry mix to make a soft dough. Turn out on a lightly floured board and knead a few times. Pat or roll to the desired thickness and cut with a floured cutter. Bake at 425° F. (hot oven) 12 minutes. Makes 12 medium-sized biscuits.



OATMEAL MUFFINS

(Using Rolled Oats Mix)

- 2 $\frac{1}{4}$ cups rolled oats mix
- 1 egg, beaten (or 2 $\frac{1}{2}$ tablespoons sifted dried egg mixed with 2 $\frac{1}{2}$ tablespoons water)
- $\frac{2}{3}$ cup water
- $\frac{1}{4}$ cup raisins, if desired

Combine all ingredients and stir just enough to moisten dry ingredients. Fill greased muffin pans two-thirds full. Bake at 425° F. (hot oven) about 20 minutes. Makes 12 muffins.

OATMEAL COOKIES

(Using Rolled Oats Mix)

- 2 $\frac{1}{2}$ cups rolled oats mix
- 1 teaspoon cinnamon
- 1 egg, beaten (or 2 $\frac{1}{2}$ tablespoons sifted dried egg mixed with 2 $\frac{1}{2}$ tablespoons water)
- $\frac{1}{4}$ cup water
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup sugar
- $\frac{1}{3}$ cup raisins

Combine all ingredients and stir just enough to moisten dry ingredients. Drop the dough by teaspoonfuls on a greased baking sheet. Bake at 375° F. (moderate oven) 12 to 15 minutes. Makes 24 cookies.

COOKING WHITE RICE

(Short Boil Method)

- 1 cup uncooked rice
- $\frac{1}{2}$ teaspoon salt
- 2 cups boiling water
- $\frac{1}{2}$ teaspoon fat or oil

Stir rice into rapidly boiling salted water. Add fat or oil to reduce foaming. Bring back to the boiling point and lower heat until the water is just bubbling. Cover tightly and cook slowly 20 minutes. Remove the pan from direct heat. Do not remove the cover. Let stand 10 to 15 minutes to allow the rice to finish cooking in its own steam.

EASY RICE PUDDING

- $\frac{1}{4}$ teaspoon salt
- 2 cups water
- $\frac{1}{4}$ cup uncooked rice
- $\frac{1}{4}$ cup raisins
- $\frac{3}{4}$ cup nonfat dry milk
- $\frac{1}{4}$ cup sugar
- 1 cup water
- $\frac{3}{4}$ teaspoon vanilla
- Cinnamon or nutmeg, if desired

Add salt to water, bring to a boil, and stir rice into boiling water. Bring back to boiling point and lower heat until the water is just bubbling. Add raisins, cover tightly and cook slowly for 20 minutes. Combine dry milk and sugar, stir into water until mixed. Stir into rice, add vanilla. Simmer 10 minutes or until flavors are blended. Chill. Serve sprinkled lightly with cinnamon or nutmeg, if desired. Makes 6 servings, approximately $\frac{1}{2}$ cup each.

SPANISH RICE

(Using Canned Chopped Meat)

- $\frac{1}{2}$ cup uncooked rice
- 1 tablespoon lard
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{4}$ cup chopped green pepper
- $\frac{1}{4}$ cup chopped celery
- 1 No. 2 can tomatoes
- 1 teaspoon sugar
- 2 cups diced canned chopped meat

Cook rice in lard until lightly browned. Add onion, green pepper, celery, tomatoes and sugar. Heat to boiling, cover, reduce heat and simmer 25 minutes, or until rice is tender. Stir in the meat and cook slowly, stirring occasionally, until heated through, about 5 minutes. Makes 6 servings, $\frac{2}{3}$ cup each.

SLICED MEAT WITH SWEETPOTATO TOPPING

(Using Canned Chopped Meat)

- 6 slices canned chopped meat, cut $\frac{1}{2}$ inch thick
- 2 cups hot mashed sweetpotatoes
- 1 tablespoon butter or margarine
- $\frac{1}{4}$ cup raisins
- 2 tablespoons brown sugar

Combine hot sweetpotatoes, butter or margarine, and raisins. Top each slice of meat with $\frac{1}{2}$ cup sweetpotato mixture. Sprinkle 1 teaspoon brown sugar over each. Place slices in frying pan, cover and cook slowly, 8 to 10 minutes or until meat is browned on bottom surface. Makes 6 servings.

MEAT-POTATOBURGERS

- $\frac{1}{2}$ cup sifted dried whole egg*
- $\frac{1}{2}$ cup water
- $1\frac{1}{4}$ pounds ground beef
- $\frac{1}{2}$ pound ground pork
- $2\frac{1}{2}$ cups finely chopped raw potatoes
- 1 cup chopped onion
- 1 tablespoon salt

Sauce:

- 2 tablespoons flour
- $2\frac{3}{4}$ cups tomato juice

Sprinkle dried egg over the water and beat to blend. Combine the egg, meat, potatoes, onions and salt. Form into patties. (Use about $\frac{1}{2}$ cup mixture for each patty.) Place patties in heavy metal frying pan. Cover. Cook over medium heat for 10 minutes. Add sauce. Replace cover. Continue to cook for 25 minutes longer. Makes 12 patties.

To Make Sauce: Blend flour with $\frac{3}{4}$ cup tomato juice. Heat remaining tomato juice and add to the flour mixture. Cook until slightly thickened, stirring constantly.

**3 shell eggs may be substituted for the dried egg and water.*

CANNED CHOPPED MEAT AND EGG PIE

Pastry

- 1 cup flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ cup lard
- 3 to 4 tablespoons water

Mix flour and salt. Cut in shortening until mixture is granular. Sprinkle water over mixture, blending lightly with fork. Add water sparingly until dough clings together but is not wet. Roll pastry thin and line a 9-inch pie pan, allowing about $\frac{1}{2}$ inch to extend over edge. Double over the pastry edge and pinch with fingers to make an upright rim.

Filling

- $\frac{1}{2}$ cup sifted dried whole egg*
- $\frac{1}{2}$ cup water
- $\frac{3}{4}$ cup milk
- 2 cups (finely diced) canned chopped meat
- 1 cup grated cheese
- $\frac{1}{8}$ teaspoon pepper

Sprinkle the egg over the water, stir to moisten, and beat until smooth. Combine egg, milk, meat, cheese and pepper. Pour meat mixture into pastry shell. Bake at 425° F. (hot oven) 30 minutes. Serve hot. Makes 6 servings.

**3 shell eggs may be substituted for the dried egg and water.*

TAMALE PIE

(Using Canned Chopped Meat)

- 1 cup cornmeal
- $1\frac{1}{2}$ teaspoons salt
- 3 cups boiling water
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green pepper
- 2 tablespoons lard
- 2 cups (finely chopped) canned chopped meat
- $1\frac{1}{2}$ cups canned tomatoes
- $1\frac{1}{2}$ teaspoons chili powder

Mix cornmeal, salt and half of the water. Heat remaining water to boiling in heavy pot. Slowly stir the cornmeal mixture into the boiling water. Cook, stirring until mixture thickens. Cover and cook slowly 30 minutes. Stir occasionally. Cook onion and green pepper in lard until tender. Add meat, tomatoes and chili powder and heat thoroughly. Grease a 9-inch square baking pan or a 2-quart casserole. Line the bottom with a thin layer of cooked cornmeal. Add the meat mixture and spoon remaining cornmeal mixture on top. Bake at 400° F. (hot oven) 45 minutes. Makes 6 servings, approximately 1 cup each.



DRY BEANS

To soak dry beans:

Use $2\frac{1}{2}$ to 3 cups of water for each cup of beans, boil 2 minutes. Remove from heat, cover and soak one hour, or overnight, in a cool place. The boiling water softens the skins and helps prevent fermentation.

To cook dry beans:

Boil beans gently in soaking water for best flavor and highest nutritive value. Rapid boiling and frequent stirring cause bean skins to break.



CREAM OF POTATO SOUP

- 2 $\frac{1}{2}$ cups cubed potatoes
- 2 tablespoons chopped onion
- Boiling water to cover
- 1 $\frac{1}{2}$ to 2 teaspoons salt
- 4 cups liquid (cooking liquid from vegetables plus water)
- 1 cup nonfat dry milk
- 2 tablespoons flour
- 2 tablespoons butter or margarine

Cover potatoes and onion with boiling water. Add salt, cover and cook until tender. Drain potatoes and save cooking liquid. Mash potatoes or put through a sieve. Measure cooking liquid and add enough water to make 4 cups. Mix dry milk and flour, add to cooking liquid and beat until smooth. Add butter or margarine and milk mixture, gradually, to mashed or sieved potatoes. Cook over very low heat, stirring occasionally until slightly thickened, about 15 minutes. Makes 6 servings, approximately $\frac{3}{4}$ cup each.

BOSTON BAKED BEANS

- 2 cups dry pea beans
- 1 $\frac{1}{2}$ quarts water
- 1 teaspoon salt
- $\frac{1}{4}$ pound salt pork
- $\frac{1}{4}$ cup molasses
- $\frac{1}{2}$ teaspoon mustard

Wash and sort beans. Add water, boil 2 minutes, remove from heat, cover and let soak 1 hour. Add salt, cover and boil gently 45 minutes. Cut salt pork into pieces about $\frac{1}{2}$ inch thick. Add salt pork to beans and cook 30 minutes longer or until beans are tender. Mix molasses and mustard and stir into beans. Put beans in a bean pot or a 2-quart baking dish and arrange pork on top. Bake at 350° F. (moderate oven) 1 hour or until beans are done and lightly browned on top. Makes 6 servings, approximately $\frac{3}{4}$ cup each.

Sweets and Fats Other Than Butter--sugar, syrup, honey, jams and jellies, oils and shortening, in moderation, as needed in cooking and to improve flavor of food



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